

Today, on the Sunday of St. Gregory Palamas, the Gospel of Mark 2:1-12 tells us about Jesus Christ entering Capernaum. It was there that a paralytic was brought by four men and was lowered from the roof into the home where Jesus Christ was during the time. As they lowered him, Jesus saw their faith and said to the paralytic that his sins are forgiven. Some of the scribes present were scandalized, and Christ Jesus responded to them as He knew what was in their hearts, that the Son of man has authority to forgive sins telling the paralytic to rise and take up his pallet to go home.

Saint Gregory in his work the “Triads” made a comparison between God and the sun. The sun has its rays which shine down, make light, and give warmth. God has His energies like grace and light. He creates, sustains, and governs all in the universe. It is through Him that creation is transformed. All is transformed because His love is put into action through His relationship with each and every one of us.

Dearest ones, how is our relationship with God? Do we reach out to Him; feel His grace, His light in our lives? Do we approach Him with all our illnesses for healing of our souls and bodies? How great is our faith? Although we have not seen Him, we do know He is everywhere and fills all things from His works in the world. So, how can we reach out and be like the paralytic and be healed today?

It can begin with prayer. Saint Gregory Palamas spoke much on prayer as he was himself a prayer warrior believing how all of us should pray without ceasing. In particular, that of the Jesus Prayer which is “Lord, Jesus Christ, Son of God, have mercy on me a sinner.” He reminds us today that prayer is vital to our relationship with God. It is vital for giving Him thanksgiving, for asking Him to heal us, and for asking Him for the forgiveness of our sins.

Can we pray? Can we give 10 seconds a day to say, “Lord, Jesus Christ, Son of God, have mercy on me a sinner?” As we approach Great and Holy Pascha, let us continue to fast, give alms, read Scripture, and pray so that we may come closer to one another and to our loving God who we ascribe all glory, honor, and worship; Father, Son and Holy Spirit, now and always and forever and ever, amen.